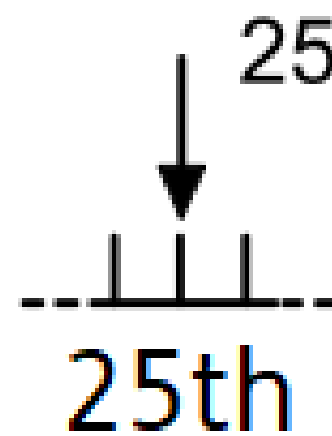


Thursday



June



25th



Sensory



Activity

Sausage Roll!

This is a deep pressure activity which many children find calming and relaxing, especially after an exciting or stimulating activity.

You can use:

- A sleeping bag, duvet or foam mat
- A large beach ball or therapy/gym ball
- Optional: household textured objects eg. brushes, pieces of fabric, flannel, large paintbrush, wooden massager, sponge.

Sensory benefits: gross motor skills; calming, regulating deep pressure; tactile discrimination; organising the vestibular system

What to do:

- Spread the mat, duvet or sleeping bag out on the floor
- Your child lies down on their tummy, arms by their side, head off the mat at one end.
- Use the ball to press down firmly and slowly up and down your child's body. Or use your flattened hands. "I'm making sure this sausage is cooked!" (Check your child's responses to see how firm they want the pressure).
- "Now I can put ketchup on my sausage" – rub your child's legs, arms and back with a flannel, sponge or brush, or use your hands. Again, check their responses.
- "Time to make my sausage roll!" Gently roll your child up in the sleeping bag, duvet or mat. "Oh no! I put too much ketchup on my sausage! I need to squish it out." Press down firmly through the sleeping bag, duvet or mat onto your child's arms, body and legs and 'squeeze' out the ketchup.
- When your child says they're done – let them unroll out of the mat.
- You can make a pancake with chocolate sauce topping, or an omelette, tortilla – have fun choosing and deciding on the condiments!
- Maybe they could do the same to you now 😊
- NB. If lying on the floor is a bit overwhelming, they can stand up instead.

Adapted from 'The Out-of-Sync Child has Fun' by Carol Kranowitz

